

# Senior Perspectives

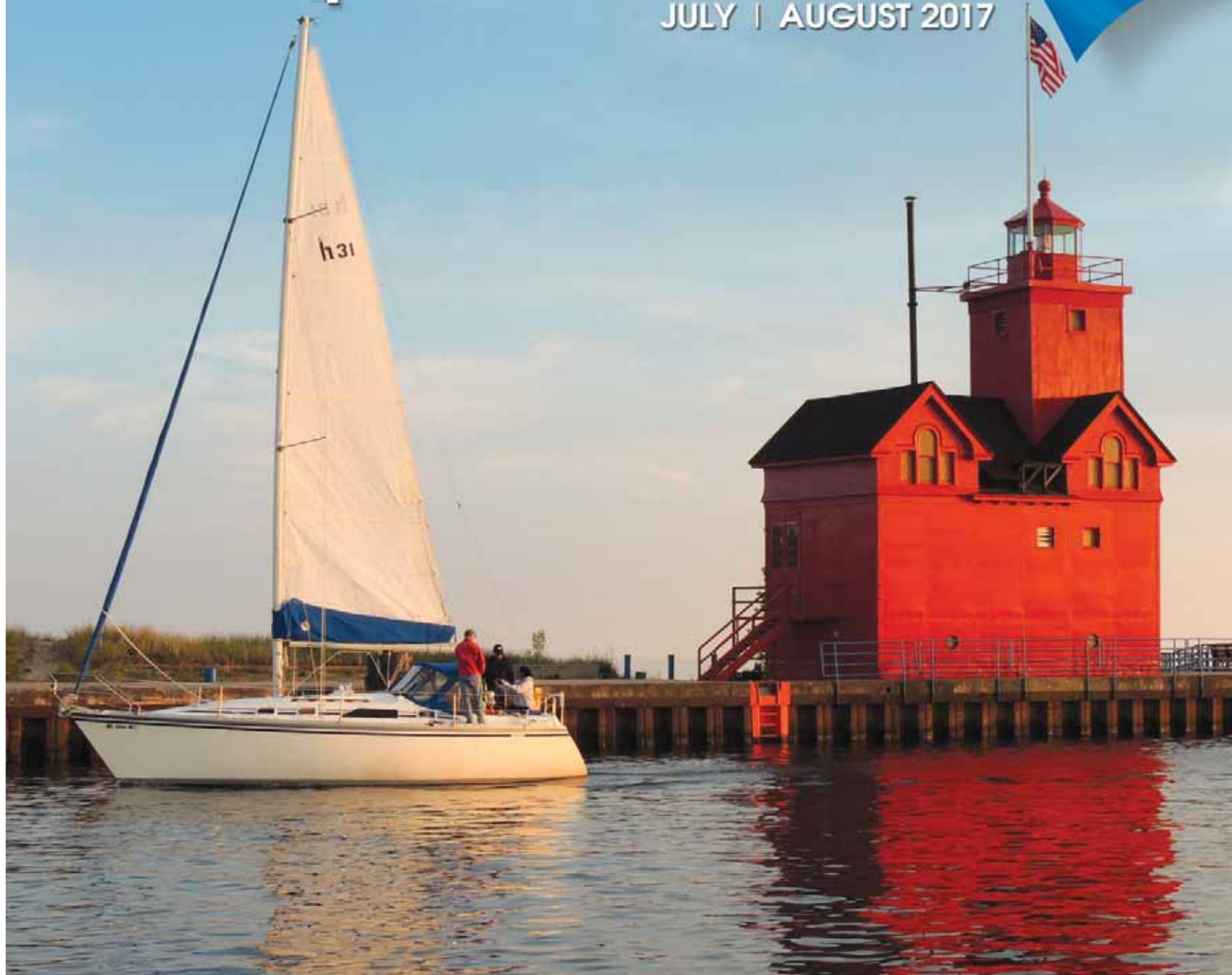
JULY | AUGUST 2017

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**A FREE  
PUBLICATION**



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LAST WINNER: RICK HARE OF MONTAGUE, MI. CONGRATULATIONS!

# Long-Term Care Ombudsman helps with quality of life for residents



Meet Cindy Evertsen. Cindy has been the Long-Term Care Ombudsman for Senior Resources since June of 2016. What is a Long-Term Care Ombudsman, you might ask? Good question!

The Long-Term Care Ombudsman “was created to help address the quality of care and quality of life experienced by residents who reside in licensed long-term care facilities such as nursing homes, homes for the aged and adult foster care facilities,” according to a State of Michigan website.

BY  
LISA  
TYLER

As ombudsman, Cindy works to improve the long-term care system by being a voice for residents and monitoring laws, regulations and policies. The program is authorized in the Older Americans Act and the Older Michiganians Act.

Cindy was a care coordinator before becoming the ombudsman. She has worked in jobs relating to older adults for about 20 years. With her prior work, she had been in a variety of long-term care facilities, she said. “I’ve always been a big advocate for resident rights, so this seemed like a good fit. I really didn’t know what an ombudsman was.” Training, job shadowing for weeks, and an exam taught her what she needed to know, and she stays current with continuing education credits through quarterly trainings.

So what does she do as ombudsman? “I go to all of the nursing homes in our region quarterly,” Cindy says. “I go to resident councils; if they have a group problem, then I advocate for them with the administration. I take calls and advocate. Things like guardianship issues, abuse and neglect, all the way to complaints about cold meals.”

Because Cindy is working on behalf of the residents, she has to do what they



ask, even if it isn’t in their own best interests. “Everybody has a right to make a bad decision,” she said. “If a resident wants chocolate cake and is diabetic, I advocate for chocolate cake – maybe only once a week.”

There are 23 skilled nursing facilities in Muskegon, Oceana and Ottawa counties, as well as numerous licensed homes for the aged and adult foster care facilities. She represents residents at all of them. Her phone number is posted at all facilities, so residents can call her with issues, questions or concerns.

Sometimes the resident calls her; she also gets calls from family members about concerns for their loved ones. She makes unannounced visits to facilities, and tries to work with the administrations to come to solutions that work for both parties.

“Some people aren’t good at advocating for themselves, or they’re afraid of retribution or being mistreated” if they complain, Cindy said. “Sometimes they just want a listening ear. It’s something different all the time. That makes it interesting.”

When to call an ombudsman (from the state website):

- When you have unresolved questions or concerns about care in a facility
- When you have questions about your rights in a long-term care facility
- When you have questions on alternatives to nursing home care
- When you want to learn more about best practices and creative solutions to problems in long-term care settings
- When you are shopping for long-term care services
- When you have questions or need technical expertise on long-term care issues
- When you want to schedule a presentation on issues related to long-term care

To reach Cindy Evertsen, call (231) 733-3595 or 1-866-485-9393.

*Lisa Tyler is the Communications Director at Senior Resources. She enjoys editing and writing, staying busy with her two high school children’s activities, scrapbooking, and all things MSU!*

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# Get Outdoors with WEMOG!



BY JACKIE LINDRUP RDH, M.Ed.

Tom and I have really enjoyed getting outdoors and being active over the last few years with a group called WEMOG, the West Michigan Outdoor Group. The group has been around for about ten years, and has members from all over West Michigan, most of whom are retired. There are no dues and no RSVPs. Events are posted on a blog, and a website has recently been developed. You

pick an event

you'd like to join and you just show up. At a monthly dinner meeting we map out the month ahead, each taking a Monday or a Wednesday to host a fun couple-of-hour hike or bike ride or kayak paddle, depending on the weather and time of year. Usually we make a lunch stop or eat in a picnic area first and then take off! We have finished several events with a stop at a local brewery for a beer and time to catch up on each other's travels.

In a recent bike ride, twenty WEMOG friends parked their cars at the trail head parking lot near McMillan Road and biked to Whitehall on the Berry Junction Trail with a destination of Fetch Brewery. Riding at a moderate pace of 12-14 miles per hour, they stopped for an hour at the brewery then biked back for a 20 mile bike ride over a three-to-four hour afternoon.

Last summer we hosted a kayaking afternoon from Harbour Towne beach. We launched into Muskegon Lake and paddled down the Muskegon channel to peek at Lake Michigan. Then we paddled back down the chan-



nel into Muskegon Lake and over to the North Muskegon Snug Harbor area, where we pulled out and ate our packed lunches. After a break we paddled back past Harbour Towne beach to the Muskegon Yacht Club then back to the beach. Afterwards we chatted over coffee and cookies at our house.

Once or twice a year someone will suggest and plan a trip. Some past trips have included a "Bike and Barge" trip in Europe, a trip up north to Sleeping Bear Resort to paddle and bike, and a trip to the U.P. to explore and hike the Pictured Rocks National Lakeshore. Come join us in for outdoor adventure with WEMOG! For more information

please email me! [Jackielindrup111@gmail.com](mailto:Jackielindrup111@gmail.com)

*Jackie Lindrup RDH, MEd, is a long time resident and dental hygienist who enjoys hiking, biking, kayaking and golf and is the Director of Volunteer for*

*Dental and provides local dental seminars through Dental Seminars and Consulting PLLC.*



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BY  
VONDA  
VANTIL

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*Vonda VanTil is the Public Affairs Specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp NE, Grand Rapids MI 49525 or via email at <mailto:onda.vantil@ssa.gov>*

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## Soul Food

# Who is your best friend and why?



BY  
GIL BOERSMA,  
M.DIV., B.C.C.

We look forward to July and August, especially in Michigan. The obvious reason is for the warm and sunny weather that allows us to go outside and smell the roses, etc. May and June can offer this as well, but July and August will invite us to the shorelines of water, especially if the weather becomes too hot. If you need to avoid the sun, it still can be reviving to sit where there is shade or some kind of shelter where friends can relax and visit. One might read a book, or just sit in silence, pray, and enjoy the sights and sounds of nature.

What about family? Often we long for them to call, or we call them and arrange a visit. Then we have someone special with whom to enjoy the sharing of conversation and the appreciation of a good day outside. For seniors it is often nice to have someone pick us up to go out for coffee, a meal, or just to enjoy a beautiful site.

Now, relationships with friends or relatives may offer the most pleasure, so much so that it doesn't matter when or where we spend time together. A conversation on the phone, for example, with our best friend may be all we need at times. So do you have a best friend? Late in life I came to realize that my wife was indeed my best friend. I have a colleague whom I have known since we were teenagers, who I have often considered my best friend. It has not diminished my relationship with him to call my wife my best friend. As I have entered my senior years I have become more selective in my use of the title "friend," because I have a higher expectation for that relationship. I'd rather have a few real friends. Thus, even my own behavior and expectations have changed.

Recently I expressed my understanding of and need for real friends to one whom I was hoping would become a true friend of mine. Joyfully I discovered her true desire was that I would be her friend as well. The value of this experience is spiritual, and thus never ending. It really doesn't matter how old the friend is or when they enter eternity; there is a value that lives on in our hearts and which may be shared with another while on earth. So there are two important questions in life: Are you a best friend to someone, and does that relationship bring you peace?

"O what peace we often forfeit, oh what needless pain we bear, All because we do not carry everything to God in Prayer." Words written by Joseph M. Scriven, 1820-1886.

*Soul Food is written by Rev. Gil Boersma, M.Div., a Board Certified Chaplain and retired pastor. He can be reached by sending a text to, or calling (231) 557-5640.*

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# Day Dream

I love a lazy warm day. The kind of day with nothing pressing; no school assignments, no yardwork, nothing urgent in need of attention. Sitting half-awake in a cedar Adirondack chair in the sun. It is then when the breeze awakes to kiss your cheek with coolness; bringing news of the shady hardwood forest, where ferns have sprouted to cover hidden wintergreen plants and fawns feigning sleep, while the silent owl keeps sentinel from its perch in the maple tree. To disturb would be a sin.

Sitting barefoot outside, with sun-warmed skin, a gentle wind kissed me with another memory from another time, in the field where milk-



BY  
JOEL  
DULYEA

weeds grew with ladybugs and butterflies. I had been to this field as a tag-a-long behind older brothers Ken, Barry and Bradley. I still see the tree fort they built in the woods where the maple tree stretched as tall as our imaginations could reach. To get there we walked west from the backyard, past mom's garden, then between the wild strawberries and the site of our underground forts dug into sandy soil. We walked past a line of white pine trees dotted at the south end by a crabapple tree that bordered our property, then into an open field of brown grass and milkweeds and lady bugs and butterflies. This is where I'll remain today.

Mom brought us here to fly a kite. My



sister and I. Our first attempt was unsuccessful. Mom held the kite ready for launch above her head. I dashed away, towing it with string in hand. Immediately it turned earthward to crash. Mom tore a strip of fabric from a tattered bath towel and asked me to fetch a twig to tie onto the towel. I smiled. Once, when I misbehaved, she threatened to enlist a sassafras tree to her disciplinary needs when she said in exasperation, "Do I need

to cut a switch?"

We weighted the tail of the kite with strip of towel and twig of crabapple tree. It was the right recipe. The breeze carried the kite aloft. It gained height as string unwound from the spool mounted on another crabapple tree twig. The kite held steady on the breeze, a lazy sashay the only movement, its tail that of a sleeping kitten. The conditions were right. Mom taught us a new way to pray using two paper bags; bags like the ones into which she put school lunches for our older brothers. Her two youngest children, Teresa and I each wrote a note to God and each placed a prayer into a paper sack. With Mom's help, we attached them to the kite string with paper clips. The breeze carried one, then two prayers heavenward toward the source of our imagination. Undisturbed.

*Joel Dulyea, a United States Army retiree, is enjoying a summer in the sun with friends and family, including his two very spoiled, wire-haired dachshunds.*

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BY  
ROBBI  
JUERGENS

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*Resources informs and educates seniors, families, and the public on available services and issues affecting older adults and it advocates on behalf of all older persons within the Muskegon, Oceana, and Ottawa County service areas.*

*Robbi Juergens is the Regional Coordinator for the Medicare/Medicaid Assistance Program and also the Evidence Based Program Coordinator.*



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# Martin's Meanderings

## Vic and Sade



BY  
CLIF  
MARTIN

One more reason to be glad I'm pretty old: I listened to "Vic and Sade." It was one of the most popular radio shows back in the day. It wasn't a dramatic soap opera. Just Mr. and Mrs. Victor Gook (rhymes with book) and young son Rush talking about their daily lives and the colorful characters they knew. Nothing of great consequence, no drama. Brilliantly written with great humor, perfectly cast and performed, it was wildly popular and got lots of awards. The estimated number of listeners in 1943 was seven million. The Gooks lived in "the small house half-way up the next block." That's how the show started each day.

Looking back, thinking about what made it such a big hit, I think

maybe you would need to have lived during the '30s and '40s to understand why we loved it. For escapism, radio gave us the same fare we have on TV today. Soap operas, crime show, drama, sports, music and variety. But when we needed some simple home town amusement we could relate to and laugh along with, Vic and Sade filled the bill. It was a sweet, simple time for a great many Americans. We really lived like that, sitting on the front porch and going over the day's events.

There are young fans of what's now called old time radio. I wonder what they have to

say about Vic and Sade. The show still has fans, including groups dedicated to talking about it. You can find them on the Internet.

*Clif started in radio in Flint in 1950, then moved to Marine City, Havre, Montana, back to Michigan and Grand Rapids, then finally to Muskegon in 1963.*



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# Is There Lead in My Dishware?



CHRISTINA  
SANCHEZ,  
GUEST  
WRITER

With national attention given to the Flint Water Crisis of 2016 many people have started to worry about sources of lead in their everyday lifestyles. A few months ago, I received a question on my Facebook page regarding antique and vintage dishes possibly containing lead. This question “lead” me to search for the best answer I could find.

First I want to mention that porcelain dinnerware produced in France, Germany, and Japan are excluded from this article and are completely safe to use. Because porcelain is fired at such a high temperature, lead is safely burned off so there are no issues with any dinnerware that is marked Limoge or Porezellan. Also, Corelle is made of vitrified glass and is not a ceramic. Production of Corelle Ware has remained in the U.S. so there is no lead in this product either\*.

Lead is a common cheap ingredient added to both the ceramic top glaze to give it a brilliant luster and paint pigments to offer a rich and more intense color. It has been used for many centuries and in several countries around the world. In 1970



the U.S. banned lead from being used in ceramics but several dishware manufacturers had long since done away with the practice before that time. Yet when that practice did actually end depends on the manufacturer:

In my opinion (which is not expert, only experienced) and after reading several articles, I would break down lead dishware dangers as follows:

## Most dangerous and still being sold today

- Richly colored and/or glazed terracotta pieces from a foreign country. Mexico, South America, the Middle East, and the Far East still manufacture pieces that contain dangerous amounts of lead. These pieces are sold to tourists and brought into the United States as souvenirs, which circumvents the lead testing process. Pieces such as these should never be used for food consumption.
- Pieces marked “for decoration only.” Lead-based glazes are



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still allowed into the United States if a warning is painted on the back “For Decorative Purposes Only.” A piece that is marked with that phrase does not need to meet the FDA lead standard for importation.

### Dangerous vintage and antique pieces

- Any antique/vintage dinnerware that is not porcelain and pre-dates the 1930s should be considered suspect. Pieces known as “Lusterware” fall into this category. Lusterware has a very high gloss effect and was produced mostly in Japan, Germany, and Czechoslovakia in the 1920s & 1930s.
- American and English pieces that give off a pearlescent sheen when held underneath a light source. I have seen this most often in dinnerware that is over 100 years old.
- Any dinnerware dated older than 1960s from a country other than the U.S., England, France, Germany, and Japan. This most often means items made in Italy, Spain, and Portugal.

### Less dangerous, but pieces that should only be used occasionally

- These are ironstone, stoneware, vitreous, and semi-vitreous pieces that were produced after 1930 but before 1960 and have the condition issue known as crazing. Crazing is a common cracking that occurs in the glaze of older pieces. These small cracks will allow very small amounts of underglaze paint to leach through. If used occasionally the amount of lead leached from these pieces



would be minute, but because there is cracking the possibility is still there.

In closing, I want to mention that lead testing kits are available both online at Amazon.com and eBay as well as in stores such as Lowe's and Ace Hardware. These inexpensive kits take a simple swab of your items and can tell you immediately whether they are safe to use or not. It is also worth mentioning that most dinnerware available for purchase in the U.S. today is being produced in the Far East countries of Sri Lanka, Bangladesh, and Korea. The U.S. does its best not to allow items in that contain lead, but no system is 100% foolproof and it doesn't hurt to test these items for yourself before daily use.

*\*Corelle Coordinates are made of stoneware but, being manufactured within in the last 20 years, they should be free of lead contaminates.*

If you have any question regarding the safety of your dishware feel free to contact me. My email address is: christina0161@att.net

*Christina Sanchez – Owner of **Let's Dish It in Muskegon**. Buying, selling, and consigning antique/vintage replacement china & collectibles  
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# A Caregiver's Perspective



## Cycles of Life

BY  
ROLINA  
VERMEER

Vincent Van Gogh's beautiful Sunflower and Iris paintings include the entire cycle of life: new buds, blossoms ready to burst and those in full bloom! Also included in a Van Gogh

bouquet are blossoms well past their prime, and those completely spent.

The last few months were tiresome months for my dear mother, who had had a few brief, but exhausting hospitalizations, and whose better days seemed beyond her reach. I saw her days as quiet watchful days, wistfully waiting for something of which she was not quite sure. Her smiles were sweet and she was patient and generous still with her attentions, but her otherwise robust enthusiasm for life had calmed to very peaceful proportions. Her latest hospitalizations had tired her significantly so that she was not making the effort to walk herself to the dining room, allowing the staff instead to whisk her into position in a wheelchair. No effort was made to move from wheelchair to walker throughout that day, and I became alarmed that I would not be able to take her out for her to enjoy the company of family at my house for Easter dinner. Ahead too, were Mother's Day and soon after, in the middle of May, her 93rd birthday!



Consultations with her physician's assistant prompted a visit from a physical therapist who deftly got her back on her feet and walking the length of the corridor. I was delighted! Mom seemed to be delighted too! It was reported to me that she was up and walking the next morning, using her walker to navigate to breakfast and back to her apartment and then returning to the dining room for a hearty lunch while visiting with her friends at her dining table. After lunch she rested with her feet up in an easy chair. It had been a busy morning!

My own morning was spent getting ready to

host my study group for lunch at my house. We have been together, this little group of seekers, for almost thirty years, all of us retired now and sharing thoughts of life's passages. We've shared so many!

And then the phone call: Mom was having a stroke. From my home I was able to be at her side within minutes! As we waited for the ambulance she was smiling a half-faced smile and speaking to me with terms of endearment and twinkling eyes. She was fine, she said!

A week later we were planning her funeral and choosing photos for the picture boards to share with friends and family

who remembered my mother in so many special and ordinary days throughout her amazing life. Going through the albums and the boxes and boxes of photos, I saw again the beautiful cycle of life, this life who was my mother, this hearty sunflower, this delicate iris, this magnificent, beautiful masterpiece.

*Rolina Vermeer retired in April 2015 as Activity Director of Four Pointes Center for Successful Aging. Almost immediately thrust into her new role as her mother's caregiver, Rolina contributes articles related to her caregiving experience.*



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BY  
JERRY  
MATTSON

# Napoleon

About 30 years ago, I visited Busch Gardens in Tampa, Florida, with my wife, Suzette, and daughter, Michele. During our day at the park, I took a photo of them with large, parrot-like birds perched on their arms.

This March, 2017, Sue and I took a two-week trip to Florida via an Orchard View Travelers coach. The itinerary included a stop at Busch Gardens. Sue dug out the old photo with the birds and brought it along. The idea was for us to duplicate the pose with a bird or two on Sue standing by the same Busch Gardens sign in the old photo.

Once inside the park, we bought a bottle of water. I asked the guy behind the counter the way to Bird Gardens. He pointed to his left. Since we were his only customers, I showed him the old photo and told him what we wanted to do.

"We don't have parrots that interact with people," he said. "That attraction no longer exists."

When we got to the interactive aviary, named Lory Landing, which featured lorikeet and other birds, it reminded us of our past visit. Colorful, smaller birds were sitting on people and being hand-fed sugar water.

Several lengths of rope, about one inch in diameter, hung in front of the wooden entrance and exit doors. A uniformed worker with "Lisa" on her name patch was letting people in. I walked over to her, said hi, told her we'd been there many years ago and pulled out the photo.



"That's Napoleon," she said, pointing to the bird on Michele's left arm. "We only had two Military Macaws here ever and that was one of them." I told her, "This photo is about 30 years old." "I worked here 30 years ago," she replied.

I think we all had a strange feeling about then. I never thought we'd see someone who knew the birds and she probably never thought she'd see a photo like this. We talked a bit and she thanked us for

sharing the photo and allowing her to relive a part of her past. A little later, I asked her if she'd like a copy of the photo. She said, "Yes." I agreed to scan and email it after we got home.

About a week later, I sent the photo to her and asked a couple questions about the birds. She replied that the other macaw was Hogan. She thinks Napoleon went with the organization that took over this part of the display when it was outsourced. These birds have a lifespan equal to that of humans.

She added, "It was so nice to talk to you and see that picture. What a nice memory and to know some of the animals I worked with helped create the memory. Thank you for sharing it."

Meeting Lisa Marshall was the highlight of our stop at Busch Gardens.

Perhaps an older Napoleon is still being photographed today while sitting on the arms of people.

*Jerry enjoys writing on many topics, but his favorite stories seem to involve things on wheels. He has written articles on cars, motorcycles, trucks, airplanes, full-size and garden tractors as well as bicycles.*

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BY  
MIKE  
SIMCIK

# Writing Wasted Words

OK, so I don't have a Ph.D. at the end of my name and I didn't graduate from Baker College. I was busy working my tail off from a very early age and no, I didn't waste all my evenings doing crossword puzzles just for fun. My father went to Lane Technical

School in Chicago and he spent much of his weekends doing advanced crossword puzzles, as he had a marvelous command of the English language. I did not.

While I was growing up and all through the schools I attended, throughout my military service and well after my children left the nest, my head was full of wondrous stories that just evaporated. From tales of childhood adventures and fictional wishfulness to science fiction and real life events, my mind was hard at work orchestrating words into a literary melody never to be read.

Sadly, I had to get old and nearly useless to find the time to put my wordily melodies onto scraps of paper, hoping to share my Tom Sawyer-like drifts down the Alphabet River, possibly touching other lives on my mythical journey.

It wasn't until I actually began writing down what was joyfully in my head that the reality of dealing with sentence structure, punctuation, verbs, and adverbs wrapped around my neck like a rope and anchor, pulling me down to the depths of "Writers Hell!" OMG.

"It's too long, cut it. It's too short, punch it up. The story doesn't say enough but you need to condense it." I now find myself working harder at writing than I ever did in the work place. But what about those stories locked up in my cranial attic trunk? I'm still enthralled with writing wasted words.

Recently, I went to a seminar on writing a book and getting it published. I must have dozed off for the first thirty minutes of a monotone, oratorical machine gun voice, then I awakened just in time to discover the secret of submitting a manuscript and once again, OMG. If that doesn't scare the heck out of any writer, the four different formats, cost of agents, editors and cost of publishers certainly will.

They say a little knowledge can be a dangerous thing, but I have to laugh when I think of all the advantages we have and the thought of poor So-

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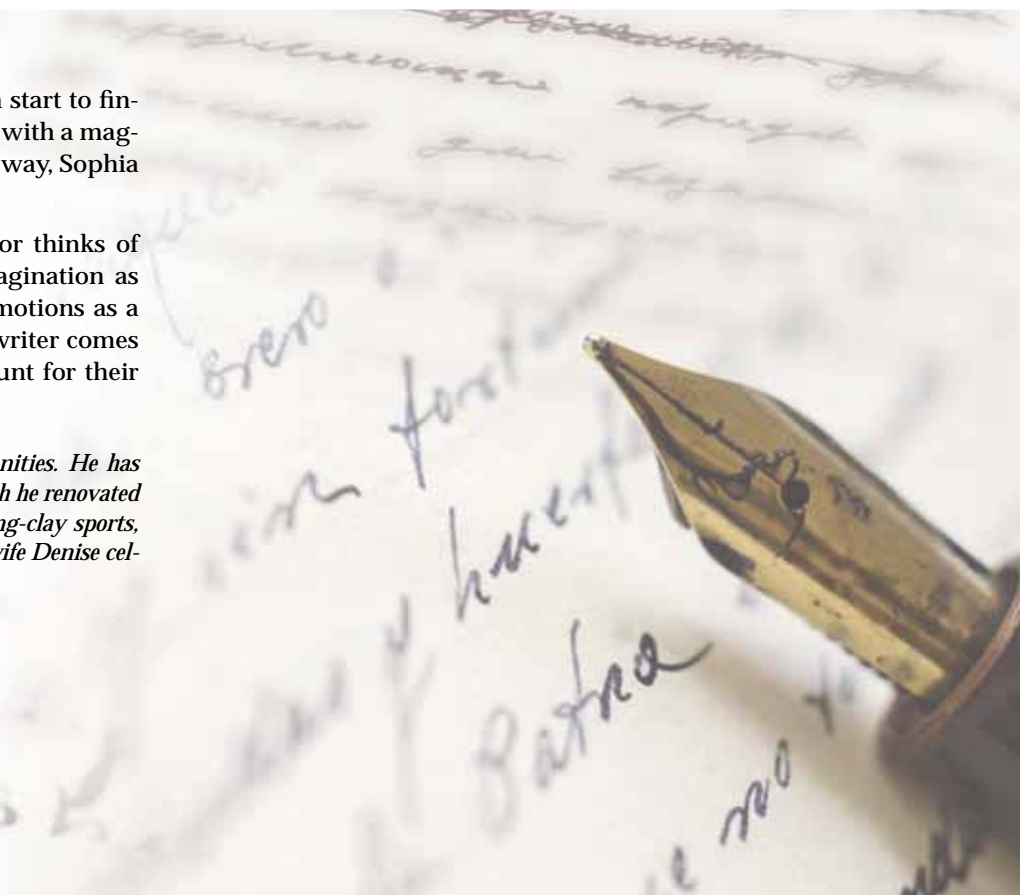
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phia Tolstoy. She re-wrote *War and Peace* seven times, from start to finish, at night with pen and ink, and in pencil by candle light with a magnifying glass because she could not read Leo's notes. By the way, Sophia also had 13 children.

Author Richard Wright said: "The more closely the author thinks of why he or she writes, the more they come to regard imagination as a self-generating cement which glue facts together, and emotions as a dark and obscure designer of those facts. Reluctantly, the writer comes to the conclusion that to account for their story is to account for their life." I don't believe anyone could have said that better.

*Mike Simcik is a Navy Veteran, with a degree in Arts and Humanities. He has owned six businesses, including The Twin Gables Country Inn, which he renovated and operated over the course of 17 years. He enjoys fishing, shooting-clay sports, golfing, building bamboo fly rods and writing essays. Mike and his wife Denise celebrated their 48th wedding anniversary in April of 2017.*



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8:30 a.m. - 11:30 a.m.	Health Screenings
10:00 a.m. - 10:45 a.m.	Session I Seminars
11:15 a.m. - 12:00 p.m.	Session II Seminars (Lunch A)
12:30 p.m. - 1:15 p.m.	Session III Seminars (Lunch B)
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# ...What's happening at Senior Resources?



## Older Michiganians Day 2017

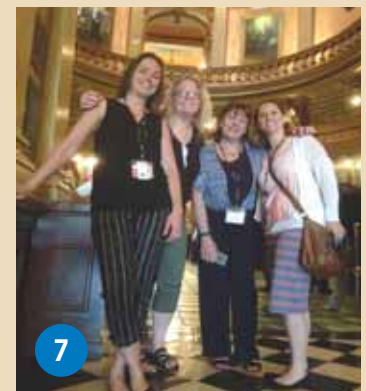
### Letter from the Editor Michelle Fields

The Older Michiganians Day was held on May 17th and I was fortunate to be one of the many of Senior Resources' team to attend this event. The Older Michiganians Day (OMD) is an annual rally that takes place on the East Lawn of the Capitol Building in Lansing. This event brings together hundreds of seniors, aging service providers and senior advocates with their legislators and key state officials. It's planned by a group of organizations committed to advocating on behalf of the needs and interests of older adults across the state of Michigan. A steering committee is responsible for planning the annual event in Lansing, producing the advocacy platform which outlines legislative priorities, and developing an annual report card that states the achievements of the Governor and the Legislature in accomplishing recommended actions.

### This year's platform for Legislative action includes:

- Continue Progress to Make Michigan a No Wait State
- Protect Medicaid
- Legislative Attention to Direct Care Worker Crisis
- Rebalance Michigan's Long Term Care Spending
- Prevent and Respond to Elder Abuse
- Increase Dementia Care and Support
- Approve Home Accessibility Tax Credit
- Improve Transportation Programs

If you are interested in participating in the Older Michiganians Day 2018, look for more information in the March/April 2018 edition of Senior Perspectives or our website at [www.SeniorResourcesWMI.org](http://www.SeniorResourcesWMI.org).



*Pictured: 1) Senior Resources team displaying a paper chain with links representing Senior Resources participants who could not be present for this event. There were 808 blue links for MI Choice Waiver participants, 1099 orange links for recipients of in-home services through other funding, and 200 brightly colored links with messages from participants describing the impact a loss of services would have on their lives.*

*2) Senior Resources' CEO Pam Curtis with Rep. Daniela Garcia of Ottawa County.*

*3) L-R: Pam Curtis, Sen. Majority Leader Arlan Meekhof, Senior Resources board member Bernice Salisbury and husband Walt.*

*4) Senior Resources staff on front steps of capital. 5) Mike Fields of Senior Resources explaining the chain to an attendee.*

*6) L-R Stephanie Moore and Kathleen Premier from Oceana County Council on Aging, Sen. Goeff Hansen, and Pam Curtis.*

*7) Tour of the Capital Building.*

*Lisa, Delicia, Virginia and Andrea. 8) L-R: Steve, Lisa, Pam, Nicole, Lisa, Mike, Mary, Jan, Delicia, Robbi, Elizabeth, Janet, Nancy and Damian.*







BY  
CATHAY  
THIBDAUE

# Cathay's Cooking Corner



## Barbeque Chicken Pizza

Recipe by Laura

- |  |   |
|--|---|
| 1 tablespoon oil (omit if using precooked chicken) | 1 cup shredded mozzarella cheese                  |
| 1 skinless, boneless chicken breast half           | 1/3 cup thinly sliced red onion                   |
| 1/4 cup barbeque sauce, divided                    | 1/3 cup green pepper                              |
| 1/2 cup marinara sauce                             | 1/3 cup bacon                                     |
| 1 (16 ounce) package pre-baked pizza crust         | 2 tablespoons chopped fresh cilantro (if desired) |

Heat the oil in a skillet over medium heat. Place the chicken breast in the skillet. Cook 10 minutes, turn, and continue cooking 10 minutes, until juices run clear. Cool slightly, and cut into chunks. If using precooked chicken omit oil.

Preheat oven to 425°. In a small bowl, mix barbeque sauce and marinara sauce. Spread evenly over the pizza crust. Sprinkle with mozzarella cheese. Arrange cooked chicken chunks, red onion slices, green pepper, and bacon over the top.

Bake 15 minutes in the preheated oven, or until cheese is melted and bubbly. Remove from heat, sprinkle with cilantro (if desired), and let sit 5 minutes before slicing.

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# Walk Michigan

## Health Benefits and Beautiful Scenery Along the Way

By Kara Zielinski, AgeWell Services Wellness Program Specialist

AgeWell Services is excited to partner with Blue Cross Blue Shield of Michigan, Social Mission Department and the Michigan Recreation & Parks Association (mParks) in the development and implementation of Walk Michigan. Walk Michigan is a community-based, multi-sector pilot program to increase physical activity and promote healthy lifestyles in the City of Muskegon and Muskegon Heights.

### Benefits of Walking for Seniors

Long ago, walking was basically the only form of transportation humans had. Going from one place to the next meant using our own two feet to get there, but luckily, our bodies are designed for walking. As time passed, we found new ways to get around a bit more quickly, from horses and bicycles to cars.

However, there are certain benefits of walking that cannot be denied. Adding at least 30 minutes of walking to your daily routine not only helps you avoid a sedentary lifestyle, but improves your health in more ways than one:

- Improves heart health. Getting your heart rate up daily leads to a reduction in the risk for high blood pressure and high cholesterol, and even coronary heart disease.
- Lowers blood sugar. After eating, taking a 15-minute walk has been shown to reduce the after-eating spike in blood sugar some seniors can experience.
- Reduces pain. Studies have shown that walking helps reduce some

pain due to chronic conditions like arthritis.

- Low participation cost. After you've invested in a good, sturdy pair of shoes, you can walk basically anywhere...for free! When the weather permits, head to the park for a stroll on the path or simply walk around your neighborhood.
- Promotes social engagement. You can meet new people and enjoy your environment each day.
- Boosts mental health. The endorphins released during physical activity create a sense of well-being, reduce anxiety and boost your mood.

### Interested in joining AgeWell Services for Walk Michigan?

Contact Kara Zielinski, AgeWell Services Wellness Specialist via phone at (231) 559-0476 or email at kara@agewellservices.org.

*Kara Zielinski is a proud Michigander, born and raised in Muskegon and a graduate of Mona Shores High School. She and her husband Tony live in North Muskegon with their two children, a 10 year daughter and a 6 year old son. They enjoy spending time as a family camping, hiking, visiting our endless beaches and watching their children race snowmobiles in the winter. Kara holds a Bachelor's degree in Human Services and a Master's degree in Human Services Administration; concentrating in Non-Profit Management and Leadership. She is the Vice President of Management for the Greater Muskegon Jaycees.*

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# To a Waterfowl Verse 5

***"All day thy wings have fanned,  
At that far height, the cold thin atmosphere;  
Yet stoop not, weary, to the welcome land,  
Though the dark night is near."***

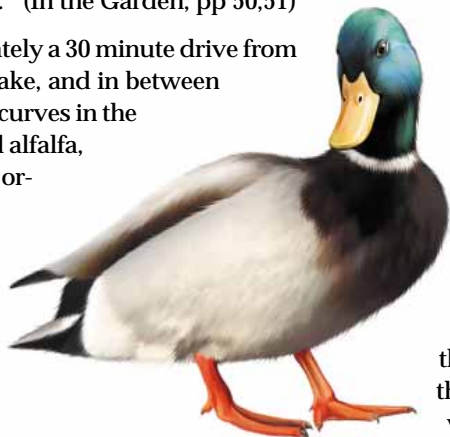
***(To a Waterfowl, verse 5,  
William Cullen Bryant)***



BY  
JANET  
HASSELBRING

"Our home had a front porch, where my parents used to sit, in the cool of the evening, after their chores were done. Here they communed with nature, beat tired, but happy and contented after a hard day's work. Long after the sun set over the western hills, they enjoyed the cool breezes, listened to the crickets singing and the frogs croaking. On a clear day, my father claimed he could see all the way to Lake Michigan." (In the Garden, pp 50,51)

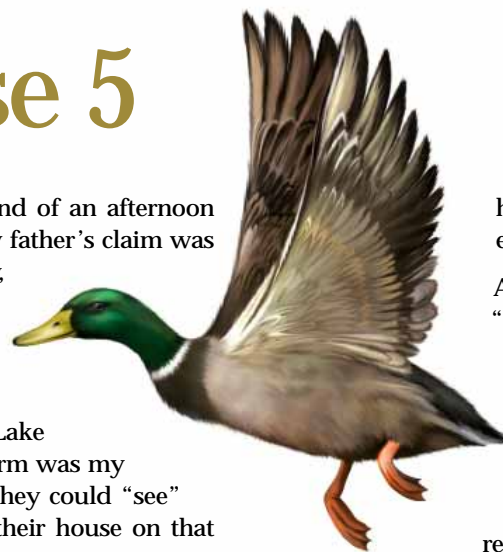
Now it was approximately a 30 minute drive from our house to the Big Lake, and in between there were many hills, curves in the road, fields of corn and alfalfa, and apple and cherry orchards. It would take some doing to see past all of that to the sparkling blue waters of Lake Michigan, but my father knew the



lake would be there at the end of an afternoon or evening drive. It seems my father's claim was one more of faith, than reality, more symbol than fact. I see his claim as a metaphor of my parents' faith: just as my father claimed he could see all the way to Lake Michigan on a clear day, so firm was my parents' faith, they believed they could "see" all the way to heaven from their house on that small farm in western Michigan.

My parents' lives were founded and grounded on the scriptures and prayer and spending time out of doors; they came to know and worship the God of creation. Their faith was strengthened through life's experiences, giving them hope and comfort in the midst of trials, disappointments and challenges. When life on the farm came at them hard, and it often did, "their faith enabled them to see past the cornfields, the cherry orchards, the clothesline, and the garden, to see life beyond. Their faith helped them see through the disappointments of a blighted cherry crop, rotted potatoes, diseased cows, and a sick child. Faith helped them to see, at the end of it all, their eternal inheritance." (In the Garden, pg. 118)

My parents' faith was not an ostrich-like escapism or childish wishful thinking. Not at all. The more they looked "all the way to heaven," the more seriously they took their earthly responsibilities, but now they worked, loved, cared, and struggled with a new dimension - at the end of a



hard day's toil, they turned everything over to God.

According to C.S. Lewis, "Hope is one of the theological virtues. This means that a continual looking forward to the eternal world is one of the things a Christian is meant to do... If you read history, you will find that those who did most for the present world, thought most of the next... Aim at heaven and you will get earth thrown in; aim at earth and you will get neither." (*Christian Behavior*)

Emmet Fox writes, "Heaven lies all about us - it is not a distinct locality afar off in the skies, but all around us now. Heaven is the religious name for the Presence of God; Heaven is infinite; Heaven is Eternity; Heaven is the realm of Spirit.... To 'see' God is to apprehend Truth as it really is, and this is infinite freedom and perfect bliss." (*The Sermon on the Mount*)

"...Stoop not, weary, to the welcome land, though the dark of night is near."

*Janet Hasselbring is a retired educator and musician. She resides in Spring Lake, MI with her husband and Welsh terrier, Maggie May. They winter in FL, where she is inspired to write her children's books, featuring the wild/shorebirds of FL and beyond. For additional musings on her mother visit her blog: <https://janethasselbring.wordpress.com/wp-admin/>*

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**Question:** Do Members of Congress have to pay into Social Security?

**Answer:** Yes, they do. Members of Congress, the President and Vice President, federal judges, and most political appointees, have paid taxes into the Social Security program since January 1984. They pay into the system just like everyone else, no matter how long they have been in office. Learn more about Social Security benefits at <http://www.socialsecurity.gov>.



BY  
VONDA  
VANTIL

**Question:** How can I get proof of my benefits to apply for a loan?

**Answer:** If you need proof you get Social Security benefits, Supplemental Security Income (SSI) and/or Medicare, you can request a benefit verification letter online through your personal *my Social Security* account at <http://www.socialsecurity.gov/myaccount>. This letter is sometimes called a "budget letter," a "benefits letter," a "proof of income letter," or a "proof of award letter." You even can select the information you want included in your online benefit verification letter.

**Question:** How can I protect myself against identity theft?

**Answer:** First, don't carry your Social Security card with you. Keep it secure at home with your other important papers. Second, don't readily give out your Social Security number. While many banks, schools, doctors, landlords,

and others will request your number, it is your decision whether to provide it. Ask if there is some other way to identify you in their records.

If you are the victim of identity theft, you should report it right away. To report identity theft, fraud, or misuse of your Social Security number, the Federal Trade Commission (the nation's consumer protection agency) recommends you:

Place a fraud alert on your credit file by contacting one of the following companies (the company you contact is required to contact the other two, which will then place alerts on your reports):  
Equifax, 1-800-525-6285;  
or Trans Union, 1-800-680-7289; or  
Experian, 1-888-397-3742.  
Review your credit report for inquiries from com-

panies you have not contacted, accounts you did not open, and debts on your accounts you cannot explain;

Close any accounts you know, or believe, have been tampered with or opened fraudulently;  
File a report with your local police or the police in the community where the identity theft took place; and file a complaint with the Federal Trade Commission at 1-877-438-4338 (TTY 1-866-653-4261).

*Vonda VanTil is the Public Affairs Specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp NE, Grand Rapids MI 49525 or via email at [vonda.vantil@ssa.gov](mailto:vonda.vantil@ssa.gov)*



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ACROSS

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"You're kidding, right?"
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- 23

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- 31

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- 58

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12

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50

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53

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57

1951 title role for Audrey

60

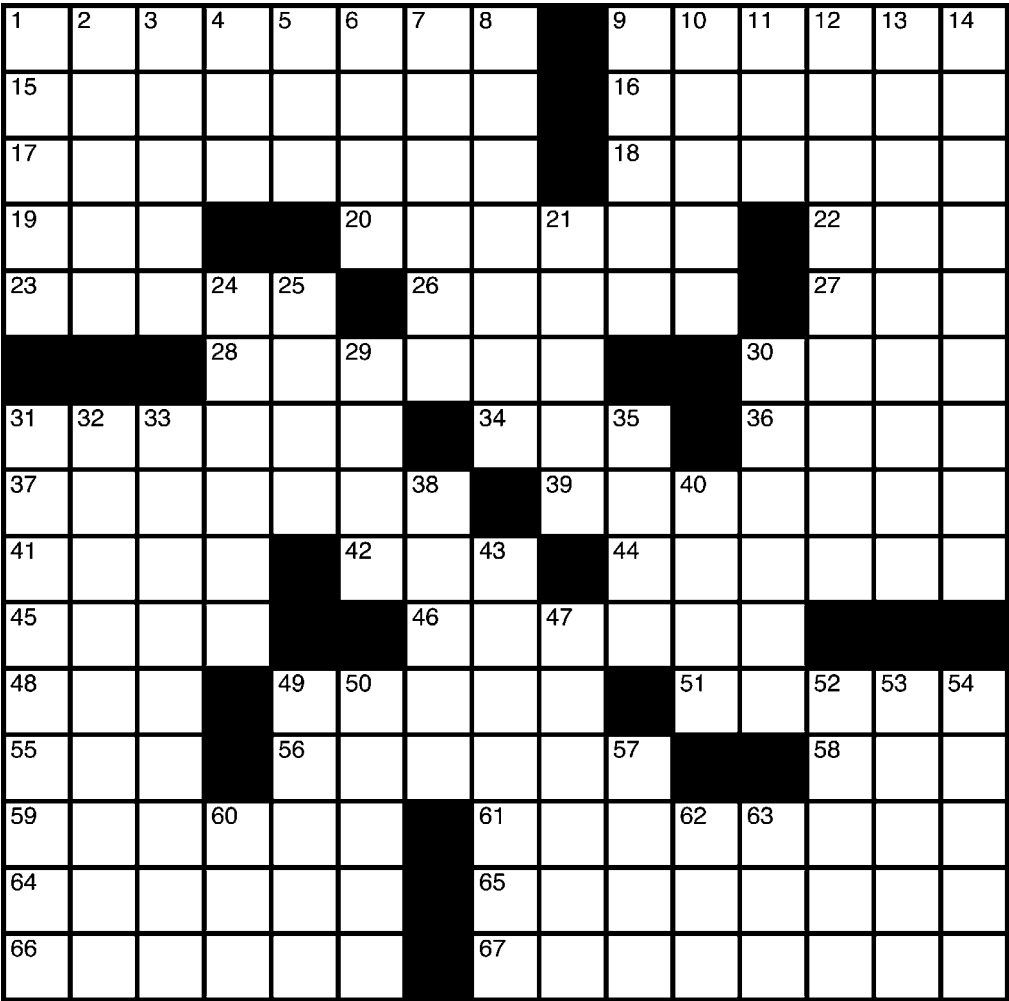
Abbr. on a Miami itinerary

62

Pull

63

Marseille sight



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Down

- 1

Babies"R"Us buys
- 2

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- 3

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- 4

Stuff that goes kablooeey
- 5

Trouble
- 6

Give a good toss
- 7

Equally close
- 8

1996 treaty subject
- 9

Panache
- 10

Fissile rock



JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

CHUNL

LHYIL

LAFUBI

TIPNUD

Answer here:

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



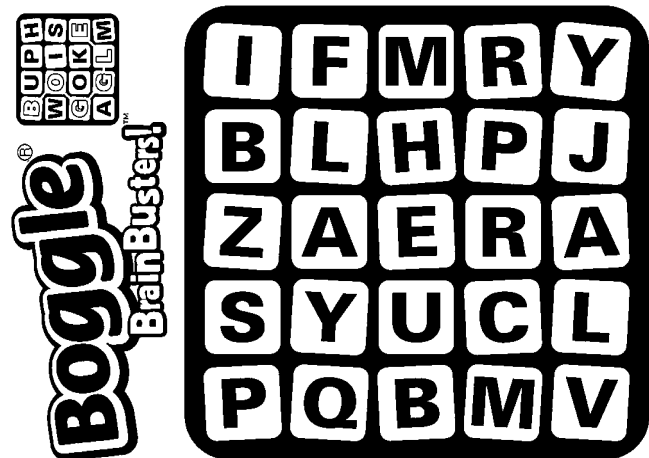
AFTER THEIR AIR CONDITIONER BROKE DOWN AGAIN, SHE WISHED HER HUSBAND COULD TAKE A ---



	4					1	2	
			9		5	6		
9	8			1				
5		1						4
3						9		7
8				5			4	1
		4	1		7			
	6	9		8				

# SENIOR PERSPECTIVES GAME PAGE

Answers on Page 35



By David L. Hoyt and Jeff Knurek

INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

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8 letters = 10 points	11- 20 = Amateur
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# Another August and Sunflowers



BY  
DICK  
HOFFSTEDT

August has rolled around again.

It is the only month on our calendar that does not have a single holiday or any other kind of significant day of recognition. Oops, I have to amend that statement. My wife and I celebrate our birthdays in August. They just haven't been put on the calendar yet. We're working on it.

As a kid growing up in Chicago, my memory of August brings back days of extreme heat, humidity, and ragweed pollen which aggravated my hay fever that

brought me so much discomfort. Fortunately, I outgrew the allergy before I became an adult.

August also has given me memories of one of my favorite things and that would be that glorious, golden sunflower. It is my favorite flower and this is its month. Their buds are opening to a new day. They are not only a beautiful flower, but they also have a practical aspect.

Here are some interesting facts about sunflowers that I found in various places. Their seeds can also feed and nourish humans plus certain birds and creatures. There are about 70 species of sunflowers. All but three are native to North America. If not watched, they can become invasive. They can spread rapidly. They're a very tall plant with most of them reaching a height of six feet. During growth, sunflowers tilt during the day to face the sun but stop once they begin blooming. By the time they are mature, sunflowers generally face east. It was a common crop among Native Americans and was cultivated in present day Arizona and New Mexico about 3,000 B.C. Its oil is used in food preparation, but it is also used in dyes for textiles. It was once used medicinally for snakebite and other ailments. Even the dried stalk was used as a building material centuries ago.

Now I have to tell you my favorite sunflower story. My memory tells me this story when I was five and lived on the south side of Chicago. My dad was going to teach my mom how to drive our car. It was a mid-30s, used

Buick, and we were lucky to have it considering it was the Depression.

One warm August Sunday, the three of us got in the car and my dad drove farther south until we were out in acres and acres of sunflower fields. He got out and switched positions with my mom. I was in the back seat straining to look out the windows. We started off with my dad slowly giving my mom instructions. "Watch the steering gear, watch the clutch, watch the gas pedal, and for goodness sake, watch the brake."

We started moving forward slowly, and then slightly faster with my dad's tongue moving faster and faster. Soon there was mild profanity as I could sense my mom beginning to panic. We started going faster and faster. Soon I felt a big bump. The car went forward some more and then came to a complete halt.

My dad said nothing and neither did my mom. I looked out the side windows, stood up and looked out the front window, and then I turned around and looked out the rear window. No matter where I looked, there was nothing but one thing...SUNFLOWERS!

For the rest of her life, my mom never got behind the wheel of a car again.

*Richard Hoffstedt was born to Swedish immigrants in 1934 and raised in Chicago. He is a U.S. Army veteran. He has been married to Shirley for 62 years. Richard has four daughters, twin sons, four grandsons, one granddaughter, one great granddaughter and two great grandsons. Richard is an engineer by profession. His interests are music, reading, travel, riding his adult tricycle, Mark Twain and John Steinbeck.*





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# Painting for a Cause

The staff of Senior Resources hosted a canvas paint night at Tanglewood Park benefiting "Walk to End Alzheimer's." "Senior Resources' Walk Chairperson, Abbey Gannon, said the evening was a great success. She also stated, "We raised \$174 to kick off the start of Senior Resources fund-raising efforts. "



*Those who attended include Abbey and Jake, Teresa, Angela, Crista, Renee, Toni, Brandi, Sarah, Michelle and Michelle's Mom Shirley.*



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# The Importance of Having a Relationship with Your Pharmacist

**Question:** Today's health care teams include many caregivers. How has the role of the pharmacist changed during the last decade or so?

**Answer:** The role of the pharmacist has changed in the last decade to include more focus on patient care. There are many practice settings where pharmacists care for patients, such as in community pharmacies, hospitals, doctors' offices and clinics.

Many community pharmacists are now giving vaccinations in pharma-



ANGELA GREEN,  
PharmD, BCPS



DR. ARUNA JOSYULA

cies and counseling patients about medications. Instead of only working in the pharmacy, hospital pharmacists now work with doctors and nurses on a patient's care team to help with questions about medications. They also dose certain antibiotics.

One of the places you will increasingly find pharmacists is in ambulatory care. Ambulatory pharmacists work in a doctor's office or clinic, and they help educate patients about their medications. Pharmacists also help patients learn about

and manage their chronic diseases, such as diabetes. Other ambulatory pharmacists work in anticoagulation clinics to help manage patients taking blood thinners.

**Question:** Are today's pharmacists trained/educated differently than pharmacists who were in school in the early 2000s?

**Answer:** In 2000, the educational requirements changed for pharmacists and required all pharmacy students to complete a 6-year program to receive their doctorate. Pharmacists continue to be trained on how to distribute medications safely, but now they are also trained to educate patients about medications and disease states, while also ensuring that medications are safe and effective. The educational focus has moved from dispensing medications to patient care.

**Question:** Who are the other members on a pharmacy team besides the pharmacist?

**Answer:** Pharmacy technicians are important members of the pharmacy team. They help to support the pharmacist, patient, and clinic, depending on their practice site.

You will find pharmacy technicians in hospitals, emergency departments, community pharmacies and clinics. They aid pharmacists, patients and the health care team by accurately filling prescriptions, collecting a medication list and contacting patients and insurance companies to help patients receive medications. Pharmacy technicians in Michigan will see their role expanding in the future.

**Question:** How do pharmacists and primary care physicians work together to improve patient health?

**Answer:** An ambulatory pharmacist working in a primary care physician's (PCP) office plays an integral role in patient care. A PCP can comfortably refer his or her patients who do not have optimal control of various illnesses — such as diabetes, hypertension, high cholesterol or COPD — to an ambulatory pharmacist in their clinic. The pharmacist can then counsel

patients about the disease process and lifestyle modifications while also recommending appropriate medication management for these diseases.

For diseases such as osteoporosis, anxiety or depression, pharmacists can work with the physician to identify the best medication and monitor the patient as changes are made.

Ambulatory pharmacists can complete a medication review with patients in a relaxed atmosphere that allows patients to ask questions about their medications and their effects. After completing the review, the pharmacist can help create an individualized medication plan and monitor the patient (in person and/or via phone) as medication changes are made, so that each patient can take the safest and smallest number of medicines possible.

**Question:** What types of services does a typical pharmacy offer now that weren't offered in past decades?

**Answer:** Community pharmacies offer vaccinations and medication management, and some are offering testing for various diseases, such as diabetes, high cholesterol and certain infections, like strep throat.

Today's pharmacists play a crucial role in the health of patients by working in various settings to offer patient-centered care. Ambulatory pharmacists help patients manage certain chronic diseases, such as diabetes, chronic pain, osteoporosis, COPD, high blood pressure and high cholesterol. They work with physicians, care managers, nurse practitioners and other members of the health care team to care for patients. They ensure that the medications patients are taking are optimal for their particular circumstances and work to help patients meet their health goals. Mercy Health has pharmacists working in physician offices and clinics, such as McClees Clinic, Hepatitis C Clinic, Hospice and pharmacist-run anticoagulation services at Mercy Heart Center, Lakes Village, and Bear Creek.



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# Your help is needed! Do you recognize any of these people?



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&

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There are hundreds of vintage photos donated to the Muskegon County Genealogical Society (MCGS) that have limited, if any, information available. This article features the most recent photos I was given. We would love to locate someone from these families. These three didn't come with

any information, but I loved them as they are casual and you didn't see that often in vintage photos.

Senior Resources of West Michigan has partnered with MCGS to assist in identifying these photos. This is where you come in. Future editions of the Senior Perspectives will feature photos of individuals, families and places from the Muskegon and surrounding areas. We try to find families who have links to Muskegon.

I will give you the information

that I received while gathering the photos from MCGS. If you can help to identify any of these individuals or know the family, please contact, or have them contact: MCGS Pictures,



BY  
DELICIA  
EKLUND



C/O HPL-Torrent House,  
Local History & Genealogy Dept. 315 W. Webster  
Ave Muskegon, MI 49440.  
email us 1972mcgs@gmail.com

*Delicia is an Options Counselor with Senior Resources. She grew up in Norton Shores and loves everything history! She spends much*

*time researching her own family, as well as local history. She loves spending time with her husband Andy, son Alan and friends! You can contact her at deklund@seniorresourceswm.org or 231-683-2630.*

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## Keith's World

# Growing Up, In Your Future



BY  
KEITH  
SIPE

I remember a story of a relative who, at a very young age, knew exactly what he wanted to be when grown up. I'm 68 and I still don't have a clue what I want to be when I grow up. The thing is, we don't know what is in store for us in our future. It's a journey with many surprising twists and turns along the way. We may have dreams to become famous, to run a large corporation, to be a fire chief, or whatever one can imagine, but...who really knows for sure?

My wife went to college to become an elementary teacher and I don't think she knew it would include being a basketball coach. She got an offer to coach junior high girls' basketball and did that for many years. My son wanted to be a paramedic and he loved anything about the fire department. My daughter had dreams to be in business and studied for the business world. Outside of me, my family had somewhat of an idea what they wanted to do later in life.

A little about my wife and her desires. It all started with her interests in sports. Our son was five years old and Pam was pregnant with our daughter at the time, but being pregnant did not stop her. She loves high school and college basketball. She just cannot get enough of it. Me...I am really not a fan. The idea of dribbling a basketball back and forth on a court and trying to put it through a rim with some strings attached and who knows how high in the air the rim is, just doesn't seem to be a part of the word "enjoyment" at either the playing or watching level. Sorry Mr. Goorman!

My wife's love for basketball rubbed off on our two children. My son soon found friends with the same interests as his mother. And that little girl my wife was carrying? Yup, you betcha, she became interested in the same stuff. For the next roughly 20 years, all I heard about was basketball and, yes, other sports such as soccer with both kids. My son also included baseball, which was okay with me, for that was a sport I enjoyed more than the others and I don't know why.


Both my kids enjoyed their time while in high school. My son was part of a team that won a state championship game and was a runner up in another year. My daughter was runner up in a state championship soccer tournament as well as making it to the final four in basketball. You can say we are a sports family and I'm included somewhere, I think.

Now that my children are adults and have their own families, yes you guessed it, we're still a sports minded family....but larger. My son and his wife have three boys and at the present time my daughter and her husband have a daughter.

I think somewhere my wife and maybe me have passed the sports genes down not only to our children, but to their children. The grand-boys, all three of them, are as interested as their father in playing sports. Sam plays baseball, soccer and basketball. Jack is playing baseball and soccer and now Owen is playing soccer and baseball.

Kendell played hockey, basketball and has many interests. She did gymnastics and hip hop dancing; I'm not sure what is next for Kendell. I'm not sure what the grandkids will be doing in their future when it comes to a career. They are young and looking at all their options, maybe. While we are here on earth we try to make the best plans, but sometimes it may not work out. I never thought I would be writing for Senior Perspectives, which I have done for many years. I think my English teachers in high school would be laughing today if they knew.

*Keith may be reached at rightseat625bg@gmail.com Please drop him a note, he loves the attention, well, loves hearing from you. Keith enjoys writing, photography, flying, cooking, history, biking and lives in downtown Muskegon*




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# Your Health “Outside the Box”



BY HOLLY  
LOOKABAUGH  
- DEUR

Our bodies and how we move, our minds and how we think, and our hearts and how we feel... we are all creatures of habit and routine to a certain degree. As we age, we tend to stay more in our comfort zones, doing what is needed, expected, and what feels safe. Here's a thought to consider: In the final stages of our life, these years may be the EXACT TIME to try something new and different.

From the very cellular level of our physiology, we know that movement patterns can become automatic after repetition, repetition, repetition. Motor learning allows us to stay in balance, walk at consistent speeds, get in and out of the bed the same way, and so on. Science also has proven that NEW CHALLENGES to how we move and think can keep all of our systems on their toes and working optimally. So how can this apply to our experience of our “best health?”

When we inject something new into our life, an adaptation happens in some way – whether you are challenged cognitively by learning something new or you are thrust into a different social interaction, causing an autonomic nervous system reaction. Doing something spontaneous...unexpected...unplanned...can truly stimulate “sleeping” systems into a new level of alertness and engagement in the world around us.

Here's a simple example. You follow the health rules and try to stay active, and you make a special effort to walk about an hour four times a week. Good for you! You walk the same route at the same pace, and you do some of your best thinking during those walks. Injecting something new: let's consider a “hike” instead of a walk – maybe a walk in Hoffmaster State Park that takes you to the beach – new sounds, new terrain, and maybe even a little faster pace. You carry a backpack and climb the “walk a mile” route and sit on a dune log for a packed lunch. You even bring a walking stick or trekking poles with you. Walking now feels different, and you aren't even focusing on the walking, or on the distance. You are focused on the sights, smells, and



feel under your feet. Your body will feel more challenged and refreshed with this new environment. Walking turns into hiking – slow but steady. Maybe you plug into music or start to learn a new language while you walk your usual route. New neural connections are made, and your attention is challenged. This is a part of aging successfully!

Do the unexpected. Bring a chair to an outdoor concert. There is always a great list of things to do in the newspaper – pick one – something you have never seen or done – and give it a try. Take one afternoon and visit every museum in your area. Go to a local high school, park your car, and walk around the track twice – once slowly; once at a brisk pace. Go to an unfamiliar place – try a new food – leave the TV off for a whole day – write a letter – eat breakfast for dinner – try meditation.... CHANGE YOUR DAY. Change challenges us, stretches us, and keeps us young at heart!



*Lookabaugh-Deur is the President of Generation Care; a Board-Certified Geriatric Physical Therapist, a Certified Exercise Expert for Aging Adults, and an advocate for anyone who needs help to feel better! She can be reached at [hollyld@generationcare.org](mailto:hollyld@generationcare.org).*

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# Lady of Eighty Still on the Move



BY  
LOUISE  
MATZ

This lady is eighty years old this year and belongs to a family of six girls. It's tradition in the family to celebrate the big birthdays with sisters and daughters and nieces. And, beginning with age sixty they plan their own celebration. This lady of eighty planned a weekend of biking!!!

Friday evening was a challenging bike ride around Pere Marquette – temperature 58 degrees, wind 20 mph.

Saturday's agenda was even more challenging! When we arrived, she had little bags of energy snacks for each one of us. Ten of us biked the trail from Pere Marquette around Muskegon Lake to Thrasher's Bear Lake Tavern – temperature 61 degrees, wind 16-18 mph. We biked from 10:30 a.m. to 5:30 p.m. A highlight was a stop at a park on Western Avenue where there is a bench dedicated to our deceased parents. We also stopped at the home of Karen Fethke, a friend of this lady since childhood. Then, a stop at a garage sale and, finally, Bear Lake Tavern for lunch. The return trip is always longer, but we were all so very proud of ourselves at the end of the trail. We had such a grand time. We made it! Hooray! As a reward and remembrance, the lady had bright yellow biking bags for each of us.



Sunday was cold and even more windy, so we talked this lady of eighty into a 3-hour hike at Hoffmaster State Park in lieu of her planned bike ride.

This lady of eighty is my oldest sister, Sister June Martin. She stays in shape and has always been physically active. She sets the pace for the rest of her sisters and her nieces as well. She is an inspiration for us all.

*Golf, gardening and grandchildren were primary interests at retirement for Louise. Since that time, her interests have expanded to include walking and biking and mahjong. Reading and travel are also high on her list. She and her husband both enjoy bow hunting for deer in the Upper Peninsula, hunting turkeys and fishing in the Florida Keys.*

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# Keith's World Timeline



BY  
KEITH  
SIPE

The Muskegon River starts in the backwater area of Houghton Lake, Michigan. It runs many miles and eventually empties into Lake Michigan and of course, the City of Muskegon.

At Richardson Park in Muskegon there is a sign with some historical information on the river. Back in 1864 the Muskegon Booming company was started to sort all the logs that came floating down the Muskegon River. In 30 years over ten billion board feet were delivered to the various logging companies in the area.

I enjoy studying the history of Muskegon, for there is so much history in the area that it can keep you busy for a very long time.

As I continue to follow some of the history of Muskegon, the timeline is what interests me. I look back on my timeline living in Muskegon and think about my 50 or so working years. We all have that timeline where we have held a job from our teens to retirement, generally speaking. Of course, some hold a job longer and some less.

The lumber era started around the 1850s and ran to around the 1890s. That is 40-some years. Now a lot of people began some type of work while in their late teens and worked until sometimes in their 60s, which is roughly 40-some years, give or take a few years. So if a young man in his teens began a career in the lumbering business in the 1850s, he most likely did that sort of work his entire life. That is all he knew.

After the lumbering business faded away, there was a void and the citizens of Muskegon had some difficulties in finding out what was next to provide jobs for the community. As we all know, Muskegon moved toward manufacturing. Businesses that come to mind would be Alaska Refrigeration,

Continental Motors, Lakey Foundry, Campbell-Wyatt-Cannon, the S. D. Warren paper mill and many, many more. These companies were big and employed hundreds of people. These were companies where many folks worked and that they thought would be here forever and maybe even longer.

Whether you have a small business or a big business, the life expectancy of that business is unknown. There are only a few businesses that have a long history here in Muskegon – or in most any other place around Michigan and beyond. For example, just think about the big businesses that employed hundreds of people -- are they still here today? Or how many little mom and pop businesses are still operating after 70 years? One that comes to mind is US-31 Bar-BQ, a mom and pop business since 1939. That's 78 years! Then think of Amazon Knitting Mill of the early 1900s on Western Avenue that employed hundreds of people. Now the building is an apartment complex. Many people worked at the paper mill over its hundred years in business, and now even the building is gone. There is nothing but an empty lot awaiting the next occupant to start something new.

As I think back on the history of Muskegon and its businesses or timeline (life expectancy), no one really knows the timeline. It seems that the lumbering era was just a flash in the pan, but it wasn't, it was actually someone's life time job, their timeline. The manufacturing timeline of Continental Motors, where my uncle worked for his lifetime in downtown Muskegon, is now gone. When I'm researching the history of Muskegon, I think the 40 years of the lumbering era was a short time span in history, and maybe so, but to someone else who lived it was actually their lifeline or lifetime.

Maybe it's not so much about what our past was, what is next, or what is here now, but how we interpret the past, present and future. How long will we be here and the past timeline. Maybe you can understand my point; as I look back on the time-line, I see many years and things happening very fast, but, while I am here living this time-line, life is moving at a slower pace.

*Keith may be reached at [rightseat625bg@gmail.com](mailto:rightseat625bg@gmail.com) Please drop him a note, he loves the attention, well, loves hearing from you. Keith enjoys writing, photography, flying, cooking, history, biking and living in downtown Muskegon.*

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# Hospice Care Myths

## Myth #3: Hospice care can only be received in a facility

Hospice services can be provided in nearly any circumstances in which a patient resides. Most commonly this is the patient's home, but care is also provided in skilled nursing and assisted/independent living centers, hospice residences, and even in a hospital under certain circumstances. Where patients live should have no bearing on the type of care they receive; in other words, every person deserves great palliative care and attention in order to be as comfortable as possible for the time they have remaining.

# DEBUNKED!



## Myth #1: Hospice places a time limit on patient stays

BY  
DR. GERALD  
HARRIMAN

Hospice regulations require that a patient admitted to hospice must have a reasonable likelihood of dying in 6 months or less. Those same regulations do not require that a patient be discharged from hospice services if they live longer than six months. How is that possible? The rules take into account the inexact science of prognostication, or the estimation of someone's life expectancy, by providing that as long as the hospice physician, in collaboration with the patient's primary physician, believes that the patient's prognosis is still six months or less based on the most current medical information, then the patient may continue to qualify for hospice.

## Myth #2: Hospice hastens patients' death

It has been shown by medical studies that patients in hospice care, receiving the full-spectrum of services, not uncommonly live longer than patients who don't receive the same type of care; this is contrary to what many people believe.



## Myth #4: Hospice care requires you to stop taking medications

The Hospice Medicare Benefit covers drugs for symptom control or pain relief for what is related to their hospice diagnosis and for conditions that are contributing to the shortened life expectancy. The hospice physician, together with the patient's primary physician, the patient, and family evaluate what medications are needed to maintain the patient's comfort and relief of symptoms. Typically, some medications will be stopped in consideration of the patient's limited lifespan and goals of care, prioritizing patient

quality of life. An example of medication discontinued would be chemotherapy or advanced treatments primarily aimed at prolonging life and not used to reduce or treat symptoms.

## Myth #5: Hospice depends on sedation as a major way to manage patients' pain

It is only under rare circumstances in the U.S. that a hospice patient would receive intentional treatment to sedation, whether for pain or other symptoms. Nearly all patients' symptoms can be managed to satisfaction with the use of medications, sometimes in advanced techniques, along with other advanced therapies to keep patients comfortable without resorting to sedation.

## Myth #6: Once you're enrolled in a hospice program, there's no turning back

If a patient's health improves or the illness goes into remission, the patient may no longer need hospice care. Also, patients have the right to stop getting hospice care for any reason, and the type of Medicare coverage they had before they chose hospice resumes. If the patient again becomes eligible, he may resume hospice care at any time. Occasionally, patients may choose to dis-enroll from the hospice program if they wish to pursue treatment intended to cure their terminal illness.

**Please call Harbor Hospice with questions related to Hospice Care 231.728.3442 or [www.HarborHospiceMI.org](http://www.HarborHospiceMI.org)**

*Dr. Gerald Harriman joined Harbor Hospice in 2006. Prior to this time he was a board-certified Family Physician, and in private practice for over 21 years. He is a 1985 graduate of Michigan State University College of Osteopathic Medicine, where he continues as an Assistant Clinical Professor in the Department of Family and Community Medicine. Dr. Harriman became certified in Hospice and Palliative Medicine in the inaugural year of the Osteopathic Examination in 2009*

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**Warning: The people having fun in these photos are NOT actors. They are actual residents and employees of Oceana Medical Care Facility!**

### Answers for Word Search , Crossword Puzzle and Suduko on Pages 24 & 25

W	A	I	T	W	H	A	T		E	S	T	A	T	E	
I	T	S	N	O	U	S	E		C	H	A	C	H	A	
P	A	T	T	E	R	N	S		L	A	N	C	E	S	
E	L	O				L	E	T	H	A	L		O	L	Y
S	L	O	B	S		A	B	A	T	E			L	A	P
			L	I	B	R	A	S				M	A	T	E
C	A	N	A	D	A			N	A	B		I	D	E	A
A	L	A	M	E	D	A		T	O	P	L	E	S	S	
L	I	M	E			E	L	S		T	O	A	S	T	Y
L	E	E	S				P	Y	T	H	O	N			
I	N	N			K	A	H	L	O		H	O	F	F	A
N	R	A			A	N	A	L	O	G			L	A	S
G	A	M	E	T	E			A	B	I	T	M	U	C	H
I	C	E	D	I	N			B	A	G	U	E	T	T	E
N	E	S	T	E	D			I	D	I	G	R	E	S	S

6	4	5	8	7	3	1	2	9
7	1	2	9	4	5	6	3	8
9	8	3	2	1	6	4	7	5
5	9	1	7	2	8	3	6	4
4	7	6	3	9	1	5	8	2
3	2	8	5	6	4	9	1	7
8	3	7	6	5	9	2	4	1
2	5	4	1	3	7	8	9	6
1	6	9	4	8	2	7	5	3

#### Boggle Answers:

ELM PALM CALM BALM FILM  
HELM REALM QUALM PSALM

#### Jumble Answers:

LUNCH HILLY FIBULA PUNDIT

#### Answer:

After their air conditioner broke down again, she wished her husband could take a – CHILL PILL





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